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USAG BENELUX FAMILY AND MWR

MARCH 2019

OPEN TO ALL PARTICIPANTS WITH OR WITHOUT A DOG



Shamrock Shuffle

CHIEVRES SHAMROCK SHUFFLE PAWS 3K

FRIDAY, MARCH 15

5 PM

CHIEVRES FITNESS CENTER

The Chievres Fitness Center is partnering with the Chievres Boarding Kennel, SHAPE International Library and the Chievres Library for this dog-gone fun 3K run. If you don't have a pet (and no one will let you borrow theirs) come out anyway! There will be drinks and snacks for all participants. This run is open to US and NATO ID cardholders. Thank you to our sponsor, Andrews Federal Credit Union. Call DSN 361-5643 or CIV 068.27.5643 to register.

BRUSSELS SHAMROCK SHUFFLE 5K

SATURDAY, MARCH 16

9 - 11 AM

BRUSSELS FITNESS CENTER

The Brussels Fitness Center is celebrating St Patrick's Day with a fun run 5K. There will be free T-shirts to all participants. Open to US, NATO, US Embassy and US Mission ID Cardholders. Location of the run is announced after registration. May the luck o' the Irish be with you. Thank you to our sponsor, Andrews Federal Credit Union. For information call DSN: 368-9667 or CIV: 02-717-9667.

FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

Wellbeats

Fitness on Demand
DSN: 361.5643 or CIV: 068.27.5643

Check out our monthly calendar on benelux.armymwr.com for a current list of programs and events at the Chievres Fitness Center.

EVERY DAY EXCEPT WEDNESDAY

- NEW FITNESS PROGRAMS CHIEVRES FITNESS CENTER

MONDAY, MARCH 11 8:30 AM - 3:30 PM

- HOST NATION ORIENTATION ACS

WEDNESDAY, MARCH 13 9 AM

- MONS MEMORIAL MUSEUM ACS

FRIDAY, MARCH 15 5 PM

- SHAMROCK SHUFFLE PAWS RUN FITNESS CENTER

FRIDAY, MARCH 29 4 PM

- COLORFUL RUN CYS

NEW FITNESS CLASSES CHIEVRES FITNESS CENTER



chievres.armymwr.com
for class schedule

CHIEVRES & BRUSSELS FITNESS CENTER



**NOW OPEN TO DEPENDENTS (18+)
AND RETIREES!**

**Register your CAC or ID card
during business hours**

Family & MWR is hiring!



Visit USAJobs today!



**CHIEVRES KENNEL
AND PET GROOMING**
+32 (0) 68 27-5436 DSN 361-5436



Advertise with MWR!

Chievres Air Base MWR Marquee
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Contact us: beneluxfmwr@yahoo.com

EVENTS: BRUSSELS

3 Star Recreation Center

Check out the Thursday and Friday night activities.
Visit brussels.armymwr.com for more information.

MONTH OF MARCH

- 100,000 LB BENCH PRESS FITNESS CENTER

THURSDAY, MARCH 14

- PI DAY LIBRARY

SATURDAY, MARCH 16

10:30 - 11:30 AM

- SHAMROCK SHUFFLE 5K FITNESS CENTER

WEDNESDAY, WEDNESDAY 20

8:30 AM

- HOST NATION ORIENTATION ACS

MARCH 23-24

11:30 AM - 5 PM

- SPRING VOLLEYBALL INVITATIONAL FITNESS CENTER

EVENTS: SCHINNEN

SATURDAY, MARCH 9

10 AM

- OPEN WALL CLIMBING ODR

SATURDAY, MARCH 16

ALL DAY

- SCENIC BIKE TOURS ODR

SATURDAY, MARCH 16

ALL DAY

- DAY TRIP TO PARIS ODR

SUNDAY, MARCH 17

11 AM - 3 PM

- BASKETBALL GAMES FITNESS CENTER

PIZZA, Wings and Salad

Tuesdays and Wednesdays 11:30 AM - 1:30 PM*
Fridays (Pizza & Wings only) 4 - 7 PM*

To place orders call DSN: 368-9819/9822
CIV: 02-717-9819/9822

*Take away or dine in



☆☆☆

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FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

Free t-shirts for participants (limited quantity)



SHAMROCK 5K RUNWALK

US, NATO, US EMBASSY AND US MISSION WELCOME

Saturday, March 16

Run starts at 9 AM in a local park

Brussels Fitness Center

For information call:
CIV: 02.717.9667 or or DSN: 368-9667

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Andrews

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FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

OPEN TO ALL AUTHORIZED ID CARD HOLDERS



2019 BENELUX RUNS

Chievres	Brussels	Schinnen	SHAPE
Shamrock Shuffle MARCH 15	Shamrock Shuffle MARCH 16	Hearts of Love 5K FEBRUARY 14	15K Winter Run FEBRUARY 11
Cinco de Mayo 5K MAY 5	Strong Viking Mud Obstacle Course Race in Gent APRIL 20	Awareness 5K Walk/Run APRIL 4	Half Marathon MARCH 23
3K Fun Run & Fitness Challenge MAY 17	Mom's Day 5K MAY 11	Summer Run 5K JUNE 20	Make-a-Wish MAY 24-25
Army Birthday 5K JUNE 14	Strong Viking Hills Obstacle Course Race in Amsterdam MAY 18	Back-to-School 5K AUGUST 17	5K Winter Run SEPTEMBER 9
3K Fun Run & Fitness Challenge JULY 19	Strong Viking Water Obstacle Course Race in Nijmegen JUNE 22	Hope Run 5K OCTOBER 10	7K Winter Run OCTOBER 8
Patriot 5K SEPTEMBER 6	Freedom Run 5K JULY 6	Pre-Holiday 5K DECEMBER 19	9K Winter Run NOVEMBER 5
Turkey Trot 5K NOVEMBER 16	Turkey Trot 5K NOVEMBER 23		11K Winter Run DECEMBER 10
			shape2day.com

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FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

ALL NATO WELCOME!

American Baseball Live

Olympic Stadium, London



June 28-30, 2019

Cost is \$499 per person in Double/Twin room or \$699 per person in Single room

Weekend trip to the Regular Season MLB Game - New York YANKEES vs Boston RED SOX

Prices: Included transportation, 2 nights Bed & Breakfast and Game Ticket
A pick up will be scheduled for SHAPE HQ

Reservation required by April 19, 2019

Register with Down Payment of \$199.99 per person. Final payment due before April 19.

Schinnen Outdoor Recreation: DSN 360-7560 / CIV 046.443.7560

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FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

SCHINNEN BOWLING CENTER

Enjoy a jalapeno hamburger and fried pickles with a cold drink while you bowl. Check out the Pin Pointe Café Specials!

STAY CONNECTED



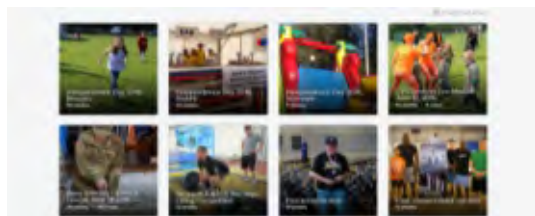
WEBSITE

Visit us at www.benelux.armymwr.com where you'll find information on activities, prices, hours, phone numbers and directions.



FACEBOOK

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CYS	+32 (0) 65.32.6839
Chievres Library	+32 (0) 68.27.5767
SHAPE Library	+32 (0) 65.44.5631
Equipment Rental	+32 (0) 68.27.5796
Chievres Fitness Center	+32 (0) 68.27.5643
Army Lodge	+32 (0) 68.26.7111

BRUSSELS

3 Star Recreation Center	+32 (0) 27.17.9822
Auto Skills Center	+32 (0) 27.17.9743
ACS	+32 (0) 27.17.9783
CYS	+32 (0) 27.17.9651
Brussels Library	+32 (0) 27.17.9791
Fitness Center	+32 (0) 27.17.9667

SCHINNEN

ACS	+31 (0) 46.443.7500
CYS	+31 (0) 45.526.3121
Brunssum Library	+31 (0) 45.526.2669
ODR	+31 (0) 46.443.7560
Bowling Center	+31 (0) 46.443.7207
Fitness Center	+31 (0) 46.443.7561
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